
HEAT RELATED EMERGENCIES

MINOR HEAT ILLNESS SYNDROMES

FIELD ASSESSMENT/ TREATMENT INDICATORS

Environmental conditions
Postural hypotension
Dehydration
Heat cramps

BLS INTERVENTIONS

1. Remove from heat source, begin cooling measures and position with legs elevated
2. Oxygen as clinically indicated
3. Re-hydrate with small amounts of appropriate liquids as tolerated.
4. Axial-spinal stabilization if indicated

HEAT EXHAUSTION

FIELD ASSESSMENT/ TREATMENT INDICATORS

Dehydration
May have elevated temperature, vomiting, hypotension, diaphoresis, tachycardia and tachypnea
No change in LOC

BLS INTEVENTIONS

1. Remove from heat source and begin cooling measures and position with feet elevated
2. Oxygen as clinically indicated
3. Re-hydrate with small amounts of appropriate liquids as tolerated.
4. Axial-spinal stabilization if indicated

ALS INTERVENTIONS

1. Obtain vascular access
 - a. Adult: Fluid bolus with 300cc NS. Reassess and repeat fluid bolus if BP remains <90mmHg.
 - b. Peds < 9 years of age: Initial 20cc/kg IV/IO bolus, may repeat until palpable pulse obtained
2. Obtain blood glucose and provide treatment as clinically indicated
3. Base Hospital may order additional medication dosages and additional fluid boluses

HEAT STROKE**FIELD ASSESSMENT/ TREATMENT INDICATORS**

Hyperthermia

ALOC or other signs of Central Nervous System Dysfunction

Absence or Presence of Sweating

Tachycardia, Hypotension

BLS INTERVENTIONS

1. Remove from heat source, begin cooling measures and position with legs elevated
2. Rapid cooling measures, including cold packs placed adjacent to large superficial vessels
3. Evaporative cooling measures. Avoid oral intake if patient has altered level of consciousness
4. Oxygen as clinically indicated

ALS INTERVENTIONS

- 1 Obtain vascular access
 - a. Adult: Fluid bolus with 300cc NS. Reassess and repeat fluid bolus if BP remains <90mmHg
 - b. Peds < 9 years of age: Initial 20cc/kg IV/IO bolus, may repeat until palpable pulse obtained
2. Obtain blood glucose and provide treatment as clinically indicated
- 3 Obtain rhythm strip for documentation with copy to receiving hospital
4. Seizure precautions, refer to Protocol Reference #5007 Altered Level of Consciousness/Seizures or Protocol Reference #7010 Pediatric Seizure if seizures occur
5. Contact Base Hospital for destination and further treatment orders